

sabes jcc summer program guide

2010



summer splash
july 18

details inside

**SAVE THE
DATE FOR
THE SPLASH!**

Sabes JCC
Jay and Rose Phillips Building
Barry Family Campus
4330 S. Cedar Lake Road
Minneapolis, MN 55416

www.sabesjcc.org
Register **ONLINE** for classes today!



sabes jcc

you belong at the center.
experience it.

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the sables jcc offers a variety of health and wellness services including:

- Group exercise classes
- Personal Training
- Group Training
- Massage
- Pilates studio
- Nutrition coaching

For more information on any of these services, visit www.sablesjcc.org or call 952.381.3406.



HOW THIS GUIDE IS ORGANIZED

We have designed the guide to help you find the information you need more quickly and easily. The example below shows the typical components of a class description and their meaning.

SUPERSPORTS AGE 3

The kids learn the basics of a sport each week in this introductory class.

A	B	C	D
M	12:45–1:30 pm	\$50m/\$65pp	#9304
6x	4/12–5/17	No class May 19	

E	F	G
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key:

- A day
- B time
- C fees (member (premium & community)/ program participant (formerly non-member))
- D course #
- E times class meets
- F dates
- G weeks with no class



ACHIEVE REAL FITNESS RESULTS WITH NEW LEAF® METABOLIC ASSESSMENT

By investing in your exercise and resting metabolic assessments, you'll gain insight into your personal metabolism. At your fingertips, you'll have detailed information about your caloric needs and how your body burns fat. You'll know, from a sound, scientific perspective, what your body requires to operate at its best. And while all those details can be intriguing and even impressive, what you really need is a big picture. Your big picture—whether weight management, fitness, or athletic performance—is what ultimately makes your exercise and resting metabolic assessments useful and meaningful.

Metabolic Assessment is for anyone who wants to:

- lose weight
- gain strength and flexibility
- Increase cardiovascular capacity
- Increase muscle mass
- increase speed
- lower cholesterol and blood pressure
- improve overall health and physical fitness
- enhance performance in any competitive or recreational sport

Our Metabolic Assessment Packages comes from New Leaf Health & Fitness Products—a world leader in innovation and excellence in metabolic measurement. These packages measure your VO2 Peak (EMR) and Resting Metabolic Rate (RMR) and are priced to save you money!

For more information on Active Metabolic Training: 952.381.3406 / personaltraining@sablesjcc.org

schedule at a glance 3

	Page	Class	Time	Pre-k	K	1	2	3	4	5	6	7	8	Teen	All ages	Adult	
SUNDAY	8-10	Swim Academy Classes	varies	•	•	•	•	•	•	•	•	•	•	•	•	•	
	5	T-ball (Ages 4-5)	3:30-4:15 pm	•													
	9	Master's Swimming Program	7-8 pm													•	
MONDAY	8-10	Swim Academy Classes	varies	•	•	•	•	•	•	•	•	•	•	•	•	•	
	10	Sabes Rays Swim Club	3:30-4:45 pm, 4:45-6 pm			•	•	•	•	•	•	•	•	•			
	5	Creative Movement Club	12:45-1:30 pm	•													
	5	Little Kickers Soccer (Age 3-5)	12:45-1:30 pm	•													
	5	Little Kickers Soccer (Age 3-5)	3:30-4:15 pm	•													
	7	Karate Klub (Advanced)	4:30-5:15 pm			•	•	•	•	•	•	•	•	•	•	•	
	7	Karate Klub (Beginner)	5:15-6 pm			•	•	•	•	•	•	•	•	•	•	•	
9	Mother's Circle	7-9 pm														•	
TUESDAY	8-10	Swim Academy Classes	varies	•	•	•	•	•	•	•	•	•	•	•	•	•	
	5	Youth Basketball Open Gym	7:45-8:45 am			•	•	•	•	•	•	•					
	9	Master's Swimming Program	8-9 pm													•	
WEDNESDAY	8-10	Swim Academy Classes	varies	•	•	•	•	•	•	•	•	•	•	•	•	•	
	9	Senior Programs	11:30 AM													•	
	4	Happy Feet Club	12:45-1:30 pm	•													
	10	Sabes Rays Swim Club	3:30-4:45 pm, 4:45-6 pm			•	•	•	•	•	•	•	•	•	•		
	5	Happy Feet II	3:45-4:30 pm	•													
	7	Supersports Ages 4-5	12:45-1:30 pm	•	•	•											
14	August Basketball Tournament	6-10 pm														•	
THURSDAY	8-10	Swim Academy Classes	varies	•	•	•	•	•	•	•	•	•	•	•	•	•	
	5	T-ball (Age 3)	12:45-1:30 pm	•													
	10	Sabes Rays Swim Club	3:30-4:45 pm, 4:45-6 pm			•	•	•	•	•	•	•	•	•			
FRIDAY	5	Youth Basketball Open Gym	7:45-8:45 am			•	•	•	•	•	•	•					
SATURDAY	8-10	Swim Academy Classes	varies	•	•	•	•	•	•	•	•	•	•	•	•	•	

if you are not already a jcc member, now's the time to join!
we have several membership types to fit your needs:

premium membership

Perfect for the frequent user of all things JCC, fitness and programs. This membership includes access to all Health & Wellness facilities; 2 free guest passes per month; membership discounts on ECC, HaBonim and Camp; 2 free tickets for a Live from New York's 92nd Street Y™ Live Broadcast; 2 free JCC Theater Or tickets; discounts on all JCC programs; and a \$50 gift voucher towards JCC programs and services. *To sign up today, contact Liz at 952.381.3414.*

community membership

Perfect if you participate in JCC programs, but do not frequently use the Health & Wellness facilities. This membership includes discounts on JCC programs, classes and services; special rates on ECC, Camp and HaBonim; use of the outdoor pool; 6 guest passes a year for use of the Health & Wellness facilities; and a \$25 credit per year toward JCC programs/services. *To sign up today, contact Damon at 952.381.3457.*

sustaining membership

Perfect for the infrequent user, but great supporter of JCC programs and services. This membership includes a membership card granting you easy access to attend events; JCC publications and event notices; special opportunities throughout the year; and a tax deduction. *To sign up today, contact Tamar at 952.381.3405.*

4 youth

dance

HAPPY FEET CLUB | AGES 2-3

This popular movement exploration class for tots is now an on-going club program for one low monthly fee! In this class, young ones will explore dance, physical performance, song and music while improving balance and motor skills! Parents will be invited to observe several classes throughout the year. See ongoing class policy below.*

W	12:45-1:30 pm	\$40m/\$52pp	
	Ongoing*	No class September 1	

HAPPY FEET II | AGES 4-5

Too old for the original Happy Feet Club? Have no fear! Join Pablo and your friends for this new version of your favorite fun-filled weekly class for 4-5 year olds! See ongoing class policy below.*

W	3:45-4:30 pm	\$40m/\$52pp	
	Ongoing*	No class September 1	

CREATIVE MOVEMENT CLUB! | AGES 4-5

This popular pre-school creative dance class is an on-going monthly club program with one low monthly fee! Come learn the fundamentals of dance and pre-ballet by using the world around you in an exploration of movement. Parents will be invited to observe several classes throughout the year. See ongoing class policy below.*

M	12:45-1:30 pm	\$40m/\$52pp	
	Ongoing*	No class 7/5, 8/30, 9/6	

music

PIANO LESSONS | AGES 5-ADULT

Private piano instruction is offered with a curriculum tailored to the needs of each student. Continuing students have first-priority for time-slots. To inquire about piano lessons, please call Claire Avitabile, Director of Performing Arts, at 952.381.3447.

30-minute lesson

Any	Various	\$200m/\$260pp	# 3745
8x	6/20-8/12		

45-minute lesson

Any	Various	\$285m/\$375pp	# 3746
8x	6/20-8/12		

*ongoing class policy

Once registered, your club fee will be automatically deducted each month. This class meets continually throughout the year, and you may enroll at any time! One month written notice will be required if you choose to stop enrollment. Fees are not pro-rated. Please indicate desired start date when registering.



summer splash sunday, july 18

Bring your family and friends, and join us for our annual Summer Splash party.

We will have free swimming for everyone in the community, a DJ for the kids with games and prizes, St. Louis Park Fire Department demos, and other fun events to be announced.

No RSVP required; just show up with your swimsuit and plan for some fun and splashing.

SAVE THE DATE FOR THE
SPLASH!

sports & rec

SUPER SPORTS | AGES 4–5

Learn a new sport every week! Kids will learn the fundamentals of a variety of sports. The class focus is on positive skill development through FUN activities, such as throwing, dribbling and kicking. Each week a different sport is emphasized so your child will learn a little bit of everything and never getting bored! Instructor: Leslie Fhima

W	12:45–1:30 pm	\$50m/\$65pp	# 3747
6x	6/23–7/28		

KARATE KLUB (BEGINNER, ADVANCED) | AGES 6+

This class meets continually throughout the year and has one low monthly fee so that parents don't need to register each session.

Beginner

M	5:15–6 pm	\$35m/\$46pp	
	Ongoing*		No class 7/5, 9/6

Advanced

M	4:30–5:15 pm	\$35m/\$46pp	
	ongoing*		No class 7/5, 9/6

LITTLE KICKERS SOCCER | AGES 3–5

This 6 week class is designed specifically to teach your “little kicker” how to play soccer! First time players will learn the fundamental skills of soccer, like how to properly “kick” the ball, passing and shooting. All soccer skills are taught through games and FUN activities! 2010 FIFA World Cup is this June—it's time to gear your little one up for the action!

Ages 3–5

M	12:45–1:30 pm	\$55m/\$71pp	# 3748
6x	6/21–8/2		No class 7/5

Ages 3–5

M	3:30–4:15 pm	\$55m/\$71pp	# 3749
6x	6/21–8/2		No class 7/5

YOUTH BASKETBALL OPEN GYM | AGES 7–12

Don't miss a basketball beat – come to youth basketball open gym! This program is designed to provide your child with the creative freedom to develop their basketball skills. Coaches will teach participants new skills while reviewing rules and helping the kids understand the game strategically. Scrimmages will occur every session. This program will be run Tuesday and Friday morning before Camp Olami ...we will bring your child to camp afterwards! Fee covers all dates.

T/F	7:45–8:45 am	\$15m/\$20pp	
12x	6/22–7/30		

T-BALL | AGES 3–5

One of our most popular classes continues this summer—don't forget to sign up again! Learn the basics of baseball through this introductory class! Kids will learn throwing, catching, grounders, fielding, batting and base running. FUN, safety, learning, teamwork are the focal points of this class. One of our most popular spring classes continues this summer so don't forget to sign up again!

Ages 3–5

TH	12:45–1:30 pm	\$55m/\$71pp	# 3751
6x	6/24–7/29		

Ages 3–5

TH	3:30–4:15 pm	\$55m/\$71pp	# 3752
6x	6/24–7/29		

TIMBERWOLVES BASKETBALL CAMP | AGES 7–16

This is a 5 day camp designed to improve the skill of any youth basketball players. Camp is co-ed. Every participant receives: a free t-shirt, jersey bag, headband and basketball. Every participant will get one ticket to Timberwolves and Lynx regular season game and additional ticket discounts will be available for family and friends.

For more information or to register go to www.thebasketballacademy.com or call Steve Brown at 612-673-8444.

M–F	9 am–2:30 pm	\$250	
5x	6/14–6/18, 8/16–8/20		

KRIS HUMPHRIES AND CAROLYN MOOS BASKETBALL & NUTRITION CAMP | AGES 6–18

This camp is lead by two USA Basketball Professional Athletes: Kris Humphries and Carolyn Moos, and is designed for kids of all skill level. Basketball skills, nutrition and cross-training are the focal points of this camp. Each kid will receive a NIKE t-shirt, NBA gear, NIKE backpack, a chance to win NBA game tickets and autographed memorabilia signed by various NBA players. JCC Extended Care available upon request. For more information and to register online, go to www.krishumphries.com or www.carolynmoos.com or contact Josh Ketroser at 612.387.6792.

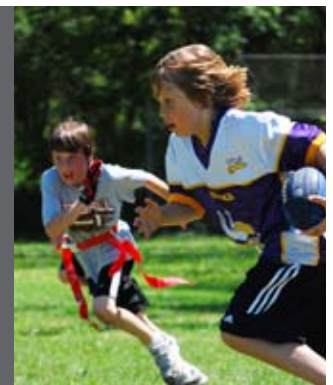
M–F	M–TH: 9 am–3 pm; F: 9 am–12 pm	\$185m (includes kosher lunch)/ \$235pp (bring your own kosher lunch) or \$275pp (kosher lunch provided)
5x	8/2–8/6	

GET YOUR SUMMER SPORTS EXPERIENCE RIGHT HERE.

We also offer 1-week quest options including fencing, NFL flag football, ultimate frisbee, gymnastics or martial arts. Summer Quests also include swimming, singing, snack and other special activities.

REGISTER TODAY:

online at www.sabesjcc.org
or by calling 952.381.3421



6 youth

aquatics

WATER BABIES | AGE: 6–36 MONTHS

This interactive class is designed for babies to become comfortable swimming independently in and under the water by working together with their parents in the pool. Babies will learn to be relaxed while floating independently on their backs and swimming with their eyes down for a distance of three to five feet. They will also be introduced to pop-up breathing. This is a parent child class. Prerequisite: None

Course Number: 3753

WATER WIGGLERS | AGE: 2–3

For children who are graduates of the Water Babies class. Children will work independently from their parents and master pop-up breathing. They will also learn how to do “big arms,” in which children learn to use their arms while swimming on their front. They will learn how to be comfortable kicking on their backs and how to complete an unassisted turnaround swim. This class is for children who have passed water babies and is without a parent in the water. Prerequisite: Successful completion of Water Babies Class

Course Number: 3754

FROGS | AGE 3–5

This introductory class is designed for the nervous swimmer or very beginner. We will work on submersions and back floats, and help them increase their comfort level in the water. The foundation of streamlining (correct body position and form), will be introduced. Prerequisite: None

Course Number: 3755

GOBIES | AGE: 3–5

This level is for the swimmer who has developed comfort in the water and is ready to learn the basics of freestyle and backstroke and streamlining. The swimmers will begin to explore their new found skills of swimming underwater. Prerequisite: Successful completion of Frogs

Course Number: 3756

TIGER BARBS | AGE: 3–5

This class is for swimmers who are able to swim freestyle and backstroke over a short distance and are now ready to learn freestyle side breathing (preferred side breathing). This class is where we will begin to see the students putting it all together and really making a big splash of progress in the pool. Prerequisite: Successful completion of Gobies

Course Number: 3757

PUFFERS | AGE: 6–12

This introductory class is designed for the nervous swimmer or very beginner. We will work on submersions and back floats, and help them increase their comfort level in the water. The foundation of streamlining (correct body position and form), will be introduced. We will also work on building confidence in and around the water and encourage the swimmers to have some fun in the pool. Prerequisite: None

Course Number: 3758

STINGRAYS | AGE: 6–12

This level is for the swimmer who has developed comfort in the water and is ready to learn the basics of freestyle and backstroke and streamlining. The students discover in this class that the water is a fun place to be and to learn to develop their own sense of confidence. Prerequisite: Successful completion of Puffers

Course Number: 3759

SEALS | AGE: 6–12

For swimmers who are able to swim freestyle and backstrokes over a short distance and are now ready to learn freestyle side breathing (preferred side breathing). In this class we see the swimmers putting all the things learned in the previous classes together and their confidence grows. Prerequisite: Successful completion of Stingrays

Course Number: 3760

DOLPHINS | AGE: 6–12

This class is for swimmers who have mastered breathing to the preferred side, know how to maintain their backstroke progression and have learned butterfly and breaststroke kick. They will work on freestyle progression learning side breathing to the non-preferred side, beginning somersault for flip turns and butterfly and breaststroke progression. Prerequisite: Successful completion of Tiger Barbs or Seals.

Course Number: 3761

LOG ROLLING | ALL AGES

This class is a great way to improve balance, concentration and agility while having a great time practicing a sport that so few have the opportunity in which to participate. Come and join us for this new and exciting addition to the Aquatics class repertoire. Prerequisite: None

Course Number: 3762

aquatics schedule 7

- Swimming Lessons will run from Monday, June 21–Sunday, August 15.
- All classes will offer 7 lessons at a rate of \$87.50 for members and \$113.75 for program participants.
- There will be **NO CLASSES** held Tuesday June 29 through Monday July 5.
- Choose the level that is appropriate based on swimming experience and then refer to the grid for days and times. If you need a swimming assessment to determine the appropriate level, contact aquatics at 952.381.3422.
- Need more personalized attention? Private and semi-private swim lessons are available year-round. Contact the aquatics department at the number above for details.

	M	T	W	TH	F	SA	SU
9:30-10:00						Waterbabies	
10:00-10:30						Wigglers, Gobies, Stingrays	
10:30-11:00						Frogs, Puffers, Gobies, Stingrays, Tiger Barbs, Seals	Waterbabies
11:00-11:30						Frogs, Puffers, Gobies, Stingrays, Tiger Barbs, Seals	Waterbabies, Frogs, Puffers, Gobies, Stingrays
11:30-12:00						Frogs, Puffers, Gobies, Stingrays, Tiger Barbs, Seals	Wigglers, Frogs, Puffers, Gobies, Stingrays, Tiger Barbs, Seals
12:00-12:30							Frogs, Puffers, Gobies, Stingrays, Tiger Barbs, Seals
12:30-1:00							Frogs, Puffers, Gobies, Stingrays, Tiger Barbs, Seals
1:30-2:00							
2:00-2:30							
2:30-3:00	Frogs		Frogs	Tiger Barbs			
3:00-3:30	Gobies	Frogs, Puffers, Gobies, Stingrays	Gobies	Frogs			
3:30-4:00		Gobies, Stingrays					
4:00-4:30		Frogs, Puffers, Gobies, Stingrays, Tiger Barbs, Seals, Dolphins					
4:30-5:00		Frogs, Gobies, Tiger Barbs, Puffers, Stingrays, Seals, Dolphins, Logrolling					
5:00-5:30		Frogs, Gobies, Tiger Barbs, Puffers, Stingrays, Seals, Dolphins					
5:30-6:00		Frogs, Gobies, Tiger Barbs, Puffers, Stingrays, Seals, Dolphins					
6:00-6:30	Frogs, Puffers, Gobies, Stingrays, Tiger Barbs, Seals, Dolphins, Adult Lessons	Frogs, Gobies, Tiger Barbs, Puffers, Stingrays, Seals, Dolphins, Adult Lessons	Adult Lessons				
6:30-7:00	Frogs, Puffers, Gobies, Stingrays, Tiger Barbs, Seals, Dolphins, Adult Lessons	Frogs, Gobies, Tiger Barbs, Puffers, Stingrays, Seals, Dolphins, Adult Lessons					
7:00-7:30	Frogs, Puffers, Gobies, Stingrays, Tiger Barbs, Seals, Dolphins, Adult Lessons	Frogs, Gobies, Tiger Barbs, Puffers, Stingrays, Seals, Dolphins, Adult Lessons					

sabes rays swim club (SRSC)

The Sabes JCC is the home of the Sabes Rays Swim Club. We are a member of the USA swimming organization. The Rays are a pre-competitive/competitive organization specifically designed for grades 1 and above. Currently, we have two different levels of swimming, Rays I and Rays II. Each group has a designated practice/instruction schedule.

RAYS I

Our pre-competitive group meets from 3:30–4:45 pm on Mondays, Wednesdays and Thursdays. These swimmers are typically between the ages of 6 and 9. This practice is dedicated to teaching swimmers all about the sport of swimming. We will work on all four competitive strokes, refining them using drills and other techniques. Swimmers will also work on other skills related to swimming such as starts from the blocks, flip turns, streamlines, and much more. In this practice, we will swim around 1,000 yards each time we meet, but the focus is primarily on skill acquisition, not distance. If you have a child who is interested in the sport of swimming and wants to get involved, come join us in the pool!

**Swimming Ability Requirement First Practice: Swimmers must be able to swim front crawl comfortably for 25 yards (one length), and back crawl comfortably for 25 yards.

RAYS II

Our competitive group meets from 4:45–6 pm on Mondays, Wednesdays and Thursdays. These swimmers are typically 9 and older, and include junior and high school kids with an interest in keeping in shape during the junior and high school off season. This group will focus on refining strokes as well, but also beginning to build endurance and strength. A typical practice is between 1,500 and 3,000 yards. We work on all aspects of swimming, incorporating into our practices distance work, sprints, starts turns, skill drills, and much more.

**Swimming Ability Second Practice: All swimmers interested in Rays II must be promoted from the Rays I program or may go directly to Rays II with coach's approval. To start in Rays II, swimmers must be able to swim 50 yards front crawl in 55 seconds or less and demonstrate a moderate level of proficiency in backstroke. Some cursory knowledge of breast stroke and butterfly required. Swimmers must demonstrate a willingness to work hard and take on challenging workouts, as well as stay focused during practice.

Sabes Rays Swim Club is a member of USA Swimming and Minnesota Swimming. Rays I and II will have the opportunity to compete in swim meets throughout the season. Membership in USA Swimming is required to participate in swim meets. Participation in swim meets is not required, but is strongly encouraged.

Participants MUST contact the Aquatics Director for assessment before registering at 952.381.3422 or bbirnell@sabesjcc.org.

This program meets continually, and you may enroll at any time! One month written notice will be required if you choose to stop enrollment.

ongoing season running now!

Days: Mondays, Wednesdays and Thursdays

Times: Rays I: 3:30–4:45 pm (Pick up time no later than 5 pm)

Rays II: 4:45–6 pm (Pick up time no later than 6:15 pm)

Monthly fee: \$77m/\$100pp

USA Membership (must be purchased to participate in swim meets) \$54 (Entry fees per meet/event will apply)

Registration is ongoing.

Questions? Contact Becky Birnell at 952.381.3422 or bbirnell@sabesjcc.org.

teens

BBYO

We are excited to announce that BBYO has become a Sabes JCC program! This development brings positive changes for both the North Star Region of BBYO and the Sabes JCC. It makes the Sabes JCC truly a hub for the lives of local Jewish teens. The partnership will provide a lot of opportunities and resources for local Jewish teens.

But what is BBYO? BBYO is the leading pluralistic Jewish teen movement with 80 years of history and traditions.

North Star Region is looking for members! Jewish teens, grades 8–12 are welcome!

North Star meets almost every Monday night through May at the Sabes JCC. Regular Monday night meetings will resume in September.

To sign up go to www.b-linked.org. Questions? Contact Lindsay Striker at 952.381.3495 or lstriker@sabesjcc.org.

CHECK OUT THESE OTHER GREAT PROGRAMS FOR TEENS!

PIANO AND GUITAR LESSONS page 4
 SWIMMING page 6–8
 KARATE PAGE 5

adults

AUGUST BASKETBALL TOURNAMENT

This basketball tournament is designed for players 18+. This is a round-robin style tournament. Each team is guaranteed 3 bracket games and two tournament games. For more information and to register, go to www.sabesjcc.org/leagues.asp.

W	6–10 pm		# 3763
6x	8/4–9/15	No Games 9/8	

FROM 2 TO 3 DIMENSIONS: WORKSHOP WITH TYCHMAN SHAPIRO GALLERY ARTIST MARCIA MCEACHRON

Sunday, July 18

Part 1: Ink and Brush: Discover the expressive and meditative pleasures of ink and brush drawing based on Asian traditions.

Sunday, July 25

Part 2: Wire Sculpture Making: Turn your ink and brush contour drawing from part 1 of the workshop into a 3 dimensional wire sculpture.

Adults and families are welcome!

Su	2–3:30pm	\$20m/26pp*	#3764
2x	7/18–7/25		

*Fee includes Part 1 and 2 classes and supplies.

ADULT SWIMMING LESSONS

These classes are designed to teach both beginning and advanced swimmers ages 13+. Skills that will be taught include swimming under water, streamline, freestyle with rotary breathing, backstroke and flip turns. Both advanced and beginner levels are available. Please indicate which level you are registering for in the comment section or contact Becky Birnell Aquatics Director at 952.381.3422 or bbirnell@sabesjcc.org for more information.

See aquatics grid on page 8 for schedule options.

Course Number: 3765

MASTERS SWIMMING PROGRAM

This program caters to swimmers from a broad spectrum of abilities and interests—from recreational to competitive. Practices will include 4-stroke instruction, open water techniques, water polo skills, interval and pacing work and run 1 hour long on Tuesdays and Sundays. Visit www.sabesjcc.org or call 952.381.3422 for details.

THE MOTHERS CIRCLE

Are you a mother raising Jewish children... but you're not Jewish? Don't do it alone! The Sabes JCC and JFCS are excited to bring this national program to Minneapolis.

The Mothers Circle is a free educational and welcoming program empowering non-Jewish mothers to create Jewish homes. Mothers in all family constellations are welcome and participants do not have to be affiliated with a Jewish institution or have any prior knowledge. The interactive curriculum for the sessions explores Jewish holidays, practices, rituals, and ethics while providing resources and tools for enriching Jewish family life at home. The Mother's Circle is a program of the Jewish Outreach Institute.

This program will meet once a month during the school year and will be facilitated by Barbara Rudnick, Program Manager for Family Life Education at JFCS and held at the Sabes JCC.

M	7–9 pm	Free	
	Beginning 8/30/10		

To register, contact Peggy Mandel at 952.381.3466 or pmandel@sabesjcc.org.

SENIOR PROGRAMMING AND LUNCH

These programs, including speakers, musicians, field trips and movies, occur every Wednesday (unless the JCC is closed or otherwise noted.) Lunch is provided for \$3.25 every Wednesday and Friday. For more information, please refer to the Senior Moments newsletter or go online to www.sabesjcc.org. Click on "Programs and Classes" and then click on "Seniors."

We have many Health + Wellness programs for adults including yoga, Pilates, group exercise, nutrition and more.

Visit www.sabesjcc.org for details.

10 registration

registration policies + procedures

REGISTRATION DEADLINE IS JUNE 4, 2010.

*Registrations might not be accepted after this time. Form must be filled out COMPLETELY for registration to be accepted. Please use a separate form for each participant.

HOW TO REGISTER

Registration for classes may be made in person at the Sabes JCC during normal business hours. All registration forms should be placed in a registration form box at the front desk, the health and fitness desk, or inside of the ECC. The registration boxes are checked each weekday. You may also now register and make credit card payments online at www.sabesjcc.org.

To register by mail, complete the registration form and return it to the Sabes JCC—attention Troy Horrmann— with credit card information or a check payable to the Sabes JCC. Mail to: Sabes JCC
Jay & Rose Phillips Building, Barry Family Campus
4330 S. Cedar Lake Road, Minneapolis, MN 55416

Phone registration may be made during regular business hours by calling Damon Brook at 952.381.3457.

CLASS SIZE

Many classes are subject to minimum and maximum registration limits. Class size may be limited to provide maximum benefit to participants. In the event of insufficient enrollment, the Sabes JCC reserves the right to cancel a class.

Classes with low enrollment will be cancelled after the registration deadline of June 4, 2010. Children enrolled in cancelled classes will be given the option to transfer with no administrative fee. If transferring into a higher priced class, the difference will be expected at the start of the first class. The Sabes JCC hopes to continue to increase the classes we offer you and your family throughout the year. Unfortunately, classes may be cancelled due to low enrollment or tardy registrations. We have established this system in the hopes that we can encourage early registration to ensure our classes are held as scheduled. So, if you find a class for you or your child that sounds like fun...why not get a friend involved!

FINANCIAL ASSISTANCE

We currently offer need-based assistance for classes at the JCC. Please check the appropriate box on the registration form and we will provide you with an application.

PARENT PICK UP

PLEASE NOTE: Children in the 6th grade or younger may not be unattended in the JCC. Unless a child is enrolled in the ECC or camp extended care, it is expected that the child will be picked up at the end of class. Unsupervised children dropped off more than 5 minutes early or picked up more than 5 minutes late will be charged \$1 per minute for extended care. You may not be allowed to enroll in future programming until this fee is paid in full.

CANCELLATIONS/REFUNDS

If the Sabes JCC cancels a class prior to the first class meeting, all enrollees will receive a refund. In most cases, if the Sabes JCC cancels one or more classes after the session has begun, a make-up class will be scheduled or members will be issued a voucher. If the Sabes JCC is forced to cancel classes or close due to forces beyond our control, such as power outage or severe weather, classes will NOT be rescheduled or reimbursed. If there is a question as to whether a class will be refunded or made-up, please contact Damon Brook at 952.381.3457 or dbrook@sabesjcc.org.

You may voluntarily withdraw from a class up to three weeks before the first meeting. Your withdrawal must be submitted in writing. If you have further questions contact Damon Brook at 952.381.3457. Refunds will be mailed within four weeks of request. There will be no refunds as of three weeks before the first class meeting.

WHO QUALIFIES FOR MEMBER RATES?

In order to qualify for the member rate or for member-only classes, you must maintain a valid Community or Premium membership at the Sabes JCC for the duration of your participation in a class or program. For Health & Wellness classes, you must have a valid Premium or Fitness membership

If your membership expires during the course of a program or class, you must renew your membership in order to qualify for the member rate. If you choose not to continue your membership, you must pay the difference between the member rate and the program participant rate in order to register for the program or class.

registration form

Name _____ Birthdate _____

Parent/Guardian Name (if registering for a child) _____

Address _____

City, State, Zip _____

Home Phone _____ Alternate Number _____

E-mail Address _____

Emergency Contact _____ Relationship _____ Phone _____

Child's School _____ District _____

> Child will arrive by:
 Bus (indicate time): _____ Parent drop-off ECC/HaBonim Other _____

> How did you hear about our classes?
 Program Guide Website Ad Word of Mouth E-mail

> Are you a member of the Sabes JCC?
 Yes No Member Number (if known): _____

> Are you interested in a Community Membership (see front cover for details)? Yes No
 If yes, and you would like immediate member pricing on summer classes contact the membership department at 952.381.3414 or membership@sabesjcc.org

> Would you like us to send you an application for need-based scholarship for classes? Yes No

Course Name	Course Number (none for ongoing classes)	Day(s)	Time	Fee (class charges are per section)
				\$
				\$
				\$
				\$
				\$
Total Amount Due				\$

> Payment Options:
 Check enclosed (Make checks payable to Sabes JCC) Visa MasterCard

Credit Card Number _____ Exp. Date _____

Signature _____

> Unless this box is checked, I hereby grant permission to use the names, pictures and quotations of myself and/or my child for Sabes JCC publicity purposes.

I hereby agree to allow myself or my child to participate in the above named activity. I waive any and all rights and claims for damages I may have, for myself and/or my child, against the Sabes JCC and its employees and representatives, for any and all injuries from whatever cause occurring during participation in any activities or use of recreational facilities at or conducted by the Sabes JCC. I have also read, understand, and agree to all policies and procedures listed on previous page.

Signature _____ Date _____

FOR OFFICE USE ONLY

Date Received: _____
 Date Registered: _____

Total Class Fee _____
 Total Amount Received _____

\$ _____

calendar of events



SABES JCC ANNUAL MEETING FEATURING DR. DANIEL GORDIS THURSDAY, JUNE 3, 2010

Honoring Doreen Frankel with the President's Award and Anita Lewis with the Susie Selcer Staff Leadership Award.

Tickets: \$12 suggested donation
952.381.3499 / www.sabesjcc.org

Lecture co-sponsored by the Israel Program Center of the Minneapolis Jewish Federation and Jewish Community Relations Council

- june**
- 3 Sabes JCC Annual Meeting Featuring Dr. Daniel Gordis
 - 8 Premiere: *The American VOICE of the Soviet Jews* – A new film
 - 15–16 Musical Minyan's Spring Concert: *Loesser and More*
 - 17 Rabbi Seth Farber – Live Lecture at the Sabes JCC
 - 21 First session of Sabes JCC Summer Camps begins

- july**
- 11 *Toys from the Attic* artist opening reception – Tychman Shapiro Gallery
 - 12 Millie and the Mentshn – A live concert for all ages
 - 18 Summer Splash
 - 19 Second Session of Sabes JCC Summer Camps begins
 - 28–30 Performances of Summer Theatre Institute: *13*

- august**
- 9 6th Annual Macher's Golf Tournament
 - 13 Last session of Sabes JCC Summer Camps begins



IT'S NOT TOO LATE TO MAKE US THE CENTER OF YOUR SUMMER—SIGN UP TODAY FOR JCC CAMPS!

Camp Olami | 1-week Summer Quests | Summer Theatre Institute

Experience lifelong friends; passionate and experienced staff; Israeli culture; an inclusive environment; youth theatre, Jewish values and much more at Sabes JCC summer camps.

**REGISTER TODAY: ONLINE AT WWW.SABESJCC.ORG
OR BY CALLING 952.381.3421**

For more information on any of these events, visit www.sabesjcc.org.

Look for the next issue of the Sabes JCC E-Newsletter in your Inbox. To see what you missed in previous issues or to sign up for future E-Newsletters or event emails, see the home page buttons on www.sabesjcc.org.



sabes jcc